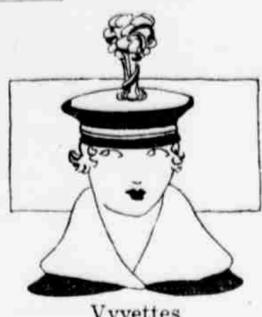


WOMAN'S INTIMATE PROVINCE HELPFUL BEAUTY HINTS—FASHIONS—PRACTICAL RECIPES

THIS IS THE OPEN SEASON FOR LOSING YOUR "PEP" The Value of Securing a Short Furlough—Curious Will Reflects Eighteenth-Century Attitude Toward Women

HAVE you lost your "pep"? Are you fighting your work? This is the time of year when many of us are suffering from colds or the effects of grip, and somehow it seems impossible to get back into trim again.



Vyvettes

A little round hat, not at all satisfied at being round and little, so in order to add a few inches and be of a becoming height for the little lady, it attaches to the center of its top a tall feathered ornament.

In the same clause the tensives were bound to have "a basin with water and a towel, that the looks may not be soiled with unclean hands," which would seem to explain his disbarment children.

If you are feeling like this take a few days off and get out of town. Of course, you will say that this is your busy season, and you simply can't spare the time, or that you can't afford such a luxury as a few days or a week at the shore.

But it is curious how, when you are taken seriously ill, there is always some one to take you place, temporarily, at least, and, too, you do manage to afford the doubtful luxury of a spell of sickness, even though you feel you must forego some of the things you had coveted for your spring wardrobe.

Sickness is one of the most discouraging things in life. Feeling miserable, one feels that nothing is worth while after all. Work loses its compensations and play is just a bore. Misfortunes seem to pile up at a time like this; you hate the world and feel like "eating worms." But remember that, although you may not owe it to others to pull yourself up—and I am not so sure this is the case—you owe yourself a little consideration.

MEN of today who deny the right of women to the vote give what are to many excellent reasons for their convictions, yet it is the same spirit of dominance which, if they but knew it, actuated a light such as that which was brought to light recently in Scotland, the will of one Andrew Bowman, who flourished during the middle of the eighteenth century.

One of the provisions was that women and children were expressly prohibited from having access to his library, an ex-

MY MARRIED LIFE

By ADELE GARRISON

AS THE full realization of what Jack meant to do came to me I dashed to the door of Mrs. Stewart's upstairs sitting room with a wild idea of calling him back.

He must not meet my husband, even though his purpose was to send him to me. I knew Dicky's hot, quick, ungovernable temper and Jack's more deadly slow rage. Dicky would totally misunderstand Jack's reasons for coming. I was afraid that the things my husband might say to my brother-in-law would be too much for Jack to bear.

But my rush came too late. As I opened the door I heard the outside door close, and an instant later Mrs. Stewart's voice evidently addressing the empty air: "Well, now, what do you know about that?"

Of course, it was impossible for me to go into the street to call Jack back, as with a heavy heart I returned to my chair and waited for Mrs. Stewart. The idea of telephoning came to my mind, then the remembrance of his angry face and cutting words stopped me. No matter what happened my self-respect would not permit me to move first toward a reconciliation.

Mrs. Stewart was not long in coming. She bustled into the room with clean table linen over her arm, in the same energetic fashion I had known and admired so many years.

With the deft, quick movements which are as much a part of her as her sharp, twinkling eyes, she removed her work basket and some books from her reading table, pushed it nearer the open fire and laid the cloth with places for two.

"What possessed Jack Rickett to rush away like that when he had promised to eat his last supper with me?" she grieved.

A REGULAR OLD-TIME SPREAD I did not answer, for I knew, by experience that she would talk on and on about everything in general. If she happened to be nettled, as she was now, she would forget the original one. I devoutly hoped something would happen to mar the usually good service she received from her maids, anything to divert her attention from the reasons for leaving.

"He can't fool me with his lame excuse of 'something highly important he had forgotten,'" she went on, laying the napkins opposite each other with geometrical precision. "Something's in the wind." She gave me a shrewd glance as she went to a little old-fashioned corner cupboard built into the wall and took out pepper, salt, mustard, oil and vinegar. The homely preparations took me back to the days when Mrs. Stewart would smuggle me chicken and myself into her sitting room for supper, keeping the meat a secret from the other boarders because of the petty jealousy which might result.

"Seeing you take out those condiments reminds me of old times," I said. "Old times that would better have continued," she retorted crossly, taking out a tiny jar of strawberry preserves of her own making, a dainty of which she knew I was particularly fond.

My heart almost echoed her words. Surely the power and quietude of Mrs. Stewart, even with their deadly monotony, were better than the kaleidoscopic, tempestuous life I had led as Dicky's wife.

"How good of you to think of those strawberry preserves!" I made another desperate effort to change the subject.

"They've been waiting right here for you or Jack Rickett ever since I put them up. I wouldn't waste them on the trash I've got in the house now."

Even through my misery I smiled, as I had done many times before, at the peculiar attitude held by Mrs. Stewart toward the boarders in her home. Her house was a model for comfort, service and cuisine; she did everything she could for the comfort of her "paying guests," but admit the most of them to any intimacy whatever she would not.

"IS MRS. STEWART CLAIRVOYANT?" "Well, make it a regular old-time spread," she went on kindly, taking out a silver repasser and plates of thin, old china, which I knew she prized because they had been her mother's. She never allowed the maids to touch them, washing them herself in her own sitting room upon a table set with a pink washable cloth. The double-shoulder straps are of fuchs of satin, braided through the center.

The camisole is fitted to the figure, and points extend over the petticoat, both in front and at the back. (Copyright.)

SECOND-PRIZE WINNER IN WOMAN'S PAGE COMPETITION

The writer of the following letter, Miss Anna N. Frantz, of 171 North Eighteenth Street, was awarded the second prize in the contest held for readers of the Woman's Page.

To the Editor of Woman's Page: Dear Madam—Your Woman's Page is immensely attractive, with its "Vyvettes" designs of fetching hats, illustrations of up-to-the-minute fashions and dress accessories, photos of women who do things and in your selection of sly copyright articles.

You know the secret of giving hints, suggestions and ideas which are workable and can be applied by the average woman in home decorating, home dressmaking and by lovers of art needlework.

I am glad you do not wait until a day or two before Christmas to show designs and give directions for Christmas gifts. This is what some newspapers do.

Your Woman's Exchange, giving recipes and useful household hints, advice regarding clothes and etiquette, is good. But, oh, dear, I find a communication from a jealous woman headed "Unhappy Young Wife." Why should an intelligent public be afflicted with such twaddle and valuable space given that might be used to advantage? All the evening newspapers print a number of fool letters and fool questions which should not be encouraged by being published.

You invite suggestions, so here is one. Add Home Economics to the Woman's Page. I have been amazed and delighted at the amount of valuable information contained in pamphlets and circulars on "Home Economics" disseminated by the Government which can be had for the asking by sending a post card to the Superintendent of Documents, Washington, D. C. These publications are written by scientific men employed by the Government and are, therefore, reliable. Home economics relates to everything pertaining to the home, from food to housing and sanitation, but I will only refer to food.

These pamphlets give the uses and values of foodstuffs—the amount of nourishment they contain, by showing the quantity of protein, albumin, fat, calories, etc., of which the different articles of food are composed. The problem of a needless dinner can be solved by substituting for meats those vegetables containing protein. If we understood the relation of food to health and the chemical changes which convert our food into flesh and blood we would eat accordingly.

Unfortunately few housewives and mothers avail themselves of this vital information. If space were allotted in the Woman's

Page of the EVENING LEDGER to extracts from these Government publications, giving credit to it for such extracts, would it not be one of the best and most popular ways to educate women in scientific cooking, of which they should have intimate knowledge? In the daily reading of your Woman's Page thousands of women would receive the benefit of this valuable information regarding food, whereas only one woman might send to Washington for it.

May I also suggest giving the women's clubs and societies space in the Woman's Page occasionally by encouraging them to send items of things they are doing which are worth while. What are the Daughters of the American Revolution, the College Club, the suffrage societies, the Young Woman's Christian Association, the W. C. T. U. or the Business Woman's Club accomplishing? For a change, the missionary and church societies, Protestant and Roman Catholic, as well as the women of the Salvation Army, might be invited to make brief statements.

Women are glad to know the unusual things other women are doing in every sphere. Even statistics may be made readable.

Thanking you for giving me an opportunity to express my views, I am, Cordially yours,

ANNA N. FRANTZ.

THE CHEERFUL CHERUB

I've had to renounce some of life's greatest joys But sacrifice brings a reaction. I rather enjoy feeling noble and strong—Renouncing is some satisfaction.



TODAY'S FASHION



A "corset camisole" of filet lace.

This novelty in camisoles in medieval in character. It is a corset of filet lace edged with a narrow fold of pink washable satin. The double-shoulder straps are of fuchs of satin, braided through the center.

The camisole is fitted to the figure, and points extend over the petticoat, both in front and at the back. (Copyright.)

Advertisement for Franklin Sugar, featuring an image of a sugar container and text: 'Pure Sugar Candy is nearly 98.9% energy food. A Franklin Sugar for every use. Granulated, Dainty Lumps, Powdered, Confectioners, Brown.'

Advertisement for Edward Dillon, formerly with Tiffany & Co., offering wedding invitations, marriage announcements, social cards, and business cards.

Advertisement for Hanscom's Fancy Philadelphia's Finest Bread Flour, \$10 a barrel or \$1.25 an eighth, located at 1232 Market Street.

Advertisement for Spring Apparel, featuring Millinery and Men's Hats, Top Coats for men and women, Dresses for women and children, and a collection of attractive and high grade articles for those of discriminating tastes. Contact: BLAYLOCK & BLYNN, Inc., 1528 Chestnut St.

Advertisement for New Spring Boots, featuring a high-heeled boot illustration and text: 'Made over a very smart new last with a little higher than ordinary heel. A slim, dainty top pattern and the finest materials throughout. \$13.50'.

Advertisement for The Harper Shoe Co., featuring 'WALK-OVER SHOPS' at 1022 Chestnut St. and 1228 Market St.

HOUSEHOLD HELPS

DID you know that Uncle Sam has just published, among other things, two bulletins that will help you save considerably on your food bill? Also he will send them to you free of charge if you will write the Department of Agriculture, Washington, D. C. One of these interesting bulletins is called "Homemade Fireless Cookers and Their Use" and should be in the possession of every housewife who does not own one of these fuel-savers. It is true that many homemakers have a prejudice against the fireless cooker. Some believe that it does not save much, that it imparts an odor to the food, and so forth. This booklet gives some interesting information which will convince the most doubting homemaker that the fireless cooker deserves a place in her kitchen.

It tells exactly how you can make a fireless cooker with the aid of a strong packing box, hinges, metal container for your cooking vessel, and a cushion stuffed with excelsior. It tells how you can boil and steam and prepare any food which requires long, slow cooking.

Women are glad to know the unusual things other women are doing in every sphere. Even statistics may be made readable.

Thanking you for giving me an opportunity to express my views, I am, Cordially yours,

ANNA N. FRANTZ.

Another valuable bulletin for the economical housewife who is interested in increasing her knowledge of food values is "Fats and Their Economical Use in the Home," just issued. It describes in detail the various animal fats—fish butter, how some butter is renovated and also how some butter is rendered, a process which comes to us from the Orient. It tells about ordinary cream and how to prepare the

Advertisement for Vogue Pattern Exhibition in Philadelphia, featuring a woman's silhouette and text: 'Vogue's presentation of the Spring mode is now on view. New models in crinoline—new color schemes—new materials—new patterns. Exclusive and original designs of gowns, tailcoats, dinner, dance and morning frocks, wraps, blouses and children's clothes are shown. Here you may secure authentic information and intelligent advice on the selection of your materials and the making of your gowns. 13th & Walnut Sts. 304 Empire Building.'

famous Devonshire clotted cream, and other interesting facts—the various other animal fats—like lard, beef fat, mutton fat, poultry fats, oleomargarine—and how to buy and prepare them.

In this country we use too little of the wholesome vegetable fats, like olive oil, cottonseed oil, peanut oil, coconut oil, corn oil and other oil and nut butters. Many of these oils are odorless and tasteless, just as are some of the hardened vegetable fats which have been on the market in recent years, and thus cannot be objectionable, as they add no foreign flavor to the cooking. Incidentally, they are cheaper than ordinary cooking oils, as they are fat, although serving the same purpose, they help considerably to cut food costs.

In addition, this bulletin contains many excellent suggestions for using what would otherwise be waste fats, and how to render them. Here, for example, is one recipe for rendering leftover fats so that your home made fat will add a delightful flavor to fried or warmed fish:

SAVORY FAT One pound of chopped rendered fat, two teaspoons of thyme, one-half inch slice of medium-sized onion, one teaspoon of salt and one-eighth teaspoon of pepper; render in double boiler and strain.

There are other simple recipes that every housewife should have if she wishes to economize wisely, but not too well, in the use of fats. (Copyright.)

Advertisement for Meridale Butter, featuring a woman's silhouette and text: 'There are no pinch-penny methods used in making MERIDALE BUTTER. No salting for weight—no wet wrappers for weight. It's all butter—pure, fresh, sweet butter. And because we use so much care in the making of this "uncommonly good butter," and because only the best goes into it, the price is a little higher than the ordinary butter. But you get more butter in a pound. AYER & MCKINNEY (Makers of Meridale) Philadelphia. Bell Phone, Market 3741. Keystone Phone, Main 1743. Look for the "Meridale" wrapper—oil-tight, dural and odor-proof—at your grocers.'

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper and signed with the name of the writer. Special queries like those given below are invited. It is understood that the editor does not necessarily endorse the sentiments expressed. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES

- 1. When necessary to iron an article and there is no iron or heat obtainable, what can be substituted?
2. What is the best way to shrink dress goods?
3. How can the best results be obtained in baking with compressed yeast?

ANSWERS TO SATURDAY'S INQUIRIES

- 1. It is said that old potatoes if boiled in salt water and part milk will not discolor.
2. Salt should not be added to a milk dish while it is boiling. If so it will be likely to curdle the milk.
3. To remove scorch from linen extract the juice from fresh peeled onions, mix with four ounces of fuller's earth, one ounce of soap and a pint of vinegar. Boil all together and when nearly cold apply to the scorched spots and allow to dry in the air, then wash the linen in cold water.

Baked Onions Delicious

To the Editor of Woman's Page: Dear Madam—Onions baked in this way are very good. Peel and scrub twelve medium-sized onions, then drain them and strip them. Peel, then, two tablespoons each butter and four in a tablespoon, one-quarter teaspoon salt, one and one-half cups cream, four table-spoons soft bread crumbs and one tablespoon chopped parsley. Coat onions with butter and add a well-beaten egg and the onions. Set on back of stove to cook slightly and stuff beaten whites of two eggs more seasoning and bake in buttered baking dish for twenty minutes in a moderate oven. (Mrs. O. L. R.)

Seasonable Desserts

To the Editor of Woman's Page: Dear Madam—These desserts are easily prepared and are delicious. Apple and Gelatine Pudding—Soak one-half package of gelatin in cold water for an hour. Peel and core six ripe apples, put them in a baking dish, pour over them one cup of sugar and one-half cup of water. Bake in a moderate oven for one hour. Maple Mousse—Dissolve one teaspoon gelatin in four tablespoons boiling water, add the juice of six eggs and one cup maple syrup. Stir over the fire until the mixture thickens, then heat until cool. Fold in two cups whipped cream, turn into a mold and pack for three hours. Sprinkle with amaretto. (Mrs. KATHARINE N.)

Oatmeal Bread

To the Editor of Woman's Page: Dear Madam—Can you tell me whether bread can be made out of rolled oats. (Mrs. E. J. DONN) I think you will find the following recipe satisfactory: Scald two cups rolled oats in three cups boiling water, add one tablespoon salt, one tablespoon lard and one-half cup sugar. After cooling, add a yeast cake, mix in six cups wheat flour, then proceed the same as for ordinary wheat bread.

Cleaning Cane Furniture

To the Editor of Woman's Page: Dear Madam—How can cane furniture be cleaned? (HOUSEKEEPER) First blow or brush the dust out of the crevices. Make a suds by dissolving white soap in water and adding salt. This will prevent the cane from turning yellow. Apply with a scrubbing brush, first one side, then the other, thoroughly soaking the cane. Place in a shady spot to dry and the cane will be firm and tight.

Saving Children's Stockings

To the Editor of Woman's Page: Dear Madam—When my children's stockings wear thin at the heels I clip the legs just above the heel, turn the legs to the front and knit one together, thus bringing the ends back of the knee, where the strain is lighter. (Mrs. W. M. B.)

Iron Rust Stains

To the Editor of Woman's Page: Dear Madam—Is there any way of removing iron rust marks on white muslin? (Mrs. C. O'B.) They can be removed with oxalic acid diluted in water. Allow the acid to remain on only a few minutes, then rinse out.

Cough Medicine

To the Editor of Woman's Page: Dear Madam—I noticed in your column a few days ago a mother's request for a recipe for cough medicine for her daughter's cold. I am gladly sending one which, if used as directed, will cure a most troublesome cough. Put three whole fresh eggs—that is, with shells on—in a quart jar, measure the juice of six large lemons over the eggs and add ten cents' worth of rock candy. Let stand twenty-four hours, then, if the eggs are not all dissolved, break them with a spoon and strain all through a cloth and pour one cup pure alcohol through the cloth. Add a dash of lemon juice. Enjoy your column very much. (Mrs. JONES)

Tumbler Garden

To the Editor of Woman's Page: Dear Madam—Put a common tumbler with water over it in a place where it will be warm. It will keep growing down into the soil. When the tumbler is full of roots, cut them off and plant them in the soil. As the roots are not all dissolved, break them with a spoon and strain all through a cloth and pour one cup pure alcohol through the cloth. Add a dash of lemon juice. Enjoy your column very much. (Mrs. JONES)

Luncheon Guests

To the Editor of Woman's Page: Dear Madam—When giving a luncheon and brides party for a debutante are you supposed to get the luncheon table set in the morning or whether you know them or not, or do you both make a luncheon for the bride and her friends? (Mrs. JONES) I think you should get the luncheon table set in the morning and have the bride and her friends come at a later hour.

Wedding Breakfast

To the Editor of Woman's Page: Dear Madam—I am to be married shortly and expect to have about 150 friends and relatives at the wedding. The wedding breakfast, should the breakfast be held at 12 o'clock, should be served at an afternoon hour? Some one has asked me to give a breakfast sausage and scrambled eggs and bacon with coffee. Would the proper kind of food I will be a matter of which you will let me know through your columns. (SALLY) A 12 o'clock wedding breakfast is quite on a par with a later affair, and it is customary to serve croquettes, chicken salad, broiled oysters, patties, ices, cakes, boudoir and wine at this hour, as well as in the afternoon or evening. Of course, a far less elaborate breakfast may be served. Sandwiches, claret cup, iced cake and hot-buns would be sufficient. Sausage and scrambled eggs and bacon would be quite out of place. Coffee is served at any kind of a reception.

Marriage License of a Minor

To the Editor of Woman's Page: Dear Madam—I am a young man of twenty-two and have been keeping company with a girl for some time. She is a minor and wishes to marry me, and now we have decided to marry. Do you think we can get a marriage license? Must we have witnesses to receive marriage license and must my friend be twenty-one years of age? (SALLY) Your fiancée must obtain the consent of her parents or, if they are not living, of her legal guardian, to secure a marriage license in this city. Either her parents or guardian must accompany you to the Marriage License Bureau, or, if they are unable to do so, you must have their affidavit.

A Secret Engagement

To the Editor of Woman's Page: Dear Madam—Will you kindly advise me what steps to take in a case like mine? I have been deeply in love with a young man twenty years of age. I have an eighteen-year-old sister who is a student in a college. I expect to graduate this year and make my bow in society next November. My mother pretends to me that she seriously objects to him, yet to other persons she speaks very well of him, but only says she thinks he is spoiled, being the only child. He is always telling me how much he cares for me and secretly she is engaged to him. There has been too very in his younger days and now he has a large fortune. There is another young man, very ambitious and eager to make something out of life, and who has lots of money, for whom she cares immensely, and she says she will marry him. Please tell me what to do. I'm so worried. (DAISY) It is very wrong of you to be secretly engaged to the first young man, particularly if your mother does not approve of him. I should strongly advise you to break off the affair. If you have genuine love for each other a year or two apart will only prove the state of your affections, and you are quite young enough to wait that length

Advertisement for Chapman Gown Builder, featuring a woman's silhouette and text: 'Gowns of Distinction for Women of Taste. CHAPMAN GOWN BUILDER. Suite 217, Weikman Building, 1524 Chestnut Street. N. B.—Remodeling Artistically Done. ASK FOR and GET HORLICK'S THE ORIGINAL MALTED MILK. The Harper Shoe Co. WALK-OVER SHOPS. 1022 CHESTNUT ST. 1228 MARKET ST.'

Large advertisement for Childs & Company, featuring 'Cut out potatoes and use Rice' and 'Fancy Whole Grain Blue Rose Rice 5c lb.' and 'Special Offering of Finest Quality Rice 7c lb.' and 'Three Pounds for Twenty Cents'. Includes the company name 'CHILDS & COMPANY THE DEPENDABLE STORES' and slogan 'Where Your Money Goes the Farthest!'.